

**Tuesdays with Tammy Nevada Libraries Forum**  
from  
**Nevada State Library, Archives and Public Records**  
10 a.m. - 11:00 a.m.  
Tuesday  
September 8th, 2020

Attending: Tammy Westergard, Sulin Jones, Norma Fowler, Bruce Douglass, NSLAPR; Guest speaker – Lisa Keating, PhD, clinical psychologist; Diane Baker, Tod Colegrove, Carson City; Amy Dodson, Douglas County; Joy Gunn, Marcie Smedley, Henderson; Jessica Anderson, Humboldt County; Forrest Lewis, North Las Vegas; Mandy Springer, Kathie Brinkerhoff, Pershing County; Jeff Scott, Joan Dalusung, Tyna Sloan, Washoe County; Ron Belbin, WNC; Nancy Schmidt, SCLL.



## **WHAT PEOPLE ARE THINKING RIGHT NOW**



### **Strengths:**

- Libraries are flexible in times of crisis.
- Libraries provide essential services for their communities.
- Libraries provide a grounded, calm, reassuring presence for the community.
- Libraries are a place that provides service without judgment.



### **Struggles:**

- Struggling to maintain services while keeping a safe work environment.
- Finding ways to assist communities during the COVID19 pandemic and economic downturn.
- Identifying and understanding the effects of the pandemic on children's and young adults' mental health.
- Loss of in-person collaboration among groups and environments.



### **Opportunities**

- Helping children and young adults deal with the stress of the pandemic.



### **Trends**

- Increase in suicide, depression, and anxiety in children and young adults.
- The loss of collaborative spaces and learning.
- The pandemic is putting students further behind and less prepared to enter the workforce in the future.
- Developing digital alternatives for collaboration.

### Announcements:

- Tuesday mental wellness recordings are posted on our website:  
<https://nsla.nv.gov/COVID19/10MinuteWellness>
- There will be no meeting on September 29.
- U.S. Senator Cortez Masto's team is viewing the NSLA 10 Minute Wellness recordings and will be joining us on our call on Tuesday, October 6<sup>th</sup>, 2020.
- READ Nevada virtual press conference on September 10 with Governor Sisolak has been postponed. More information coming.

Guest Speaker: Lisa Keating, PhD, in Child and Adolescent Psychology

- **Session 2: Changes in how students learn because of COVID19**
- Students are learning under conditions that involve distracted parents and teachers who are struggling themselves
- Librarians and therapists are in the role of being calming influences that provide reassurance, one on one interaction, and most of all, help.
- Stressed brains don't think well which can be indicated by "acting out" and "acting in" behaviors. Kids show how they are feeling rather than saying how they feel and may act in ways that are frustrating so adults need to keep in mind the reasons for the behavior.
- Food insecurity is also increasing and hungry brains don't work well either.
- Youth need more emotional reassurance from us than before COVID19.
- Library staff members need to take care of themselves first in order to be well grounded and coming from a non-judgmental place when dealing with youth and others.
- Youth need validation that they are going through a hard time. Failure to acknowledge this will make it difficult to engage with youth in a meaningful way or be a calming influence.
- The themes are the same for all age groups, but the way you talk to them is different depending on age. The validation you offer must be genuine.
- Validation example for grades K-6: "I bet it is hard for you to go to school like this. How is it for you?" It is important to repeat things and use visual examples.
- Grades K-3 are in a state of distraction and frustration and need things to be repeated verbally several times as well as physical movement.
- Grades 3-6 are verbal in their dissatisfaction. Librarians need to listen and redirect them to positive thinking and outcomes.
- Middle school is a difficult time with learning how to socialize, use critical thinking, and gain control of their lives. A good validating statement for middle schoolers: "School is hard enough, I think trying to learn this way must be harder than most adults can imagine." You can help support them and not overwhelm their problem solving skills by letting them know you are there to help if needed.
- High school is a time when developing social and emotional learning is at its highest; practical planning and deadline skills are increasing. This is also the time when resistance to adult guidance is strongest, but still needed. To help support High School patrons, show confidence in their work by giving authentic praise to their strengths.
- Good validating statements for high school patrons are: "A lot of people don't know this, but scientists are saying COVID19/pandemic is hardest on teens and young adults." "I think this is hardest for teens. I have worked with so many teens here who are saying the same things as you are."

- Young adults (ages 18-24) are bridging between teen and adulthood, but are still uncertain about the future (jobs, higher education, society).
- Good validation statements for them would be: “A lot of people don’t know this, but scientists are saying COVID19/pandemic is hardest on teens and young adults.” “I think this is hardest for young adults. I worked with so many young adults here who are saying the same things as you are.”

Check-In:

**Ron Belbin, WNC:** We are dealing with students’ perceptions that campus life was going to be returning to normal. Clearly that is not going to happen. We haven’t been dealing with the academic content at all yet but have been talking and listening to our students while explaining and guiding them through the changes made to the library. Listening to the students individually rather than as group has been important for us to understand what they are experiencing. We have lost the environment of collaboration we had been building and are now grieving our loss, but we are feeling good about how far we’ve come.

**Diane Baker, Carson City:** We are moving forward with CARES funding we received from the city and thrilled with what we doing with that. We are getting the sorter replaced, getting external book lockers put in and the city requires this to be done by December 31<sup>st</sup>, 2020.